

C. Ingrey Lithog 310 Strand.

ECONOMY

OF THE

HANDS AND FEET,

FINGERS AND TOES;

WHICH INCLUDES THE

PREVENTION, TREATMENT, AND CURE,

OF

CORNS, BUNNIONS, & DEFORMED NAILS;

THE

REMOVAL OF EXCRESCENCES,

SUPERFLUOUS HAIRS, FRECKLES, PIMPLES, BLOTCHES, AND OTHER CUTANEOUS ERUPTIONS;

WITH

SAFE AND CERTAIN METHODS

OF RENDERING

THE SKIN WHITE, SOFT, AND DELICATE,

WITHOUT DETRIMENT TO HEALTH.

By an OLD ARMY SURGEON.

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PREFACE.

In pure sympathy and fellow-feeling to the multitude of sufferers, who, from rash or unavoidable causes, are visibly afflicted with corns, bunnions, deformed nails, and distorted toes, with many other evils to which the hands, feet, fingers, and toes, are heir to, the author—who has travelled on foot some thousands of miles abroad, in company with thousands of individuals, many of whom have been temporarily crippled with affections similar to the above, and who have been relieved by the advice contained in these pages—has here committed to the press the result of his observations and experience, for the benefit of such of his fellow-creatures at home, and mankind in general, who, now or hereafter, may require either assistance or advice.

It is a fact, not a little remarkable, of travellers or great walkers, such, for instance, as soldiers, hawkers, pedlars, and pedestrians in general, that they are less subject to callosities, of any description, of the feet, than those who are ordinarily restricted in their perambulations to the mere circuit of their daily avocations. It is also remarked, that sea-faring men are generally but indifferent walkers, and that their feet become sooner affected by land exercise than those of most other people more accustomed to use their feet; while soldiers, in particular, who walk much, are least liable to derangements of the same kind; the consequence, doubtless, of being drilled to walk, and to plant their feet on the ground so that each part may sustain a proportionate weight, and exert its several functions with ease and harmony.

People in the domestic circle are most frequently the greatest sufferers in the feet, the consequence of inattention to the

predisposing and proximate causes; while others again, of both sexes, more frequently the ladies, voluntarily entail these inconveniences upon themselves, by a desire to rectify, as they suppose, some error in nature, by presuming, against the authority of the Divine Architect, to give their feet a smaller and (as they would have it) a more fashionable shape and appearance than it was ever intended, for inscrutable and wise reasons, they should possess. These unnatural and revolting efforts are, however, as useless as unprofitable; and the result, as might be anticipated, is usually a good crop of blisters and excrescences of one kind or other, which, independent of the pain they cause, induce a crippled and waddling gait, which is seldom, if not early attended to, removed, even after the cause is obviated.

It is with a view to remedy, as well as prevent, these causes and consequences, that this little work is sent into the world.

Neither has the author confined his observations to these alone; he has extended them to other subjects less dependent on individual caprice, though equally requiring care and attention. Chilblains, warts, tetters, ringworms, and other cutaneous eruptions and discolorations of the skin—the consequence for the most part of exposure to contagion, change of climate, and vicissitudes of the weather—have each commanded a proportionate share of attention; and many practical hints, independent of a variety of useful prescriptions, are laid down, from which, it is hoped, by the blessing of God, suffering humanity, from these or similar causes, may be enabled, if not to cure, at least to relieve itself, without the necessity of applying (in many cases of an extremely delicate nature) for extraneous assistance. 'So MOTE IT BE!' is the sincere and ardent wish of every friend of humanity, and, doubtless, of

THE AUTHOR.

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ECONOMY

OF

THE HANDS, FEET, &c.

SECT. I.

CAUSE OF CORNS.

THE excrescences known by the name of CORNS, are unquestionably, in the generality of cases, produced by friction and pressure. Now, whatever name may be bestowed on these excrescences, whether they be termed callosities, thorns of the feet, or corns, is very immaterial, since the object here in view is not a learned dissertation, but a practical treatise on the causes, effects, prevention, and treatment of these troublesome appendages to delicate feet. Before, however, we proceed too far, it may be as well to give the reader a slight sketch of the anatomical structure of the human foot and toes.

The number of toes on each foot are five, and are principally composed of bone. These bones are called the metatarsal bones. The largest toe is composed of two bones, which are much thicker, and, in proportion to their length, are stronger than the bones of the other toes. This toe is well adapted for bearing a much greater degree of weight than any of the others, as well as for sustaining more force acting against it. Accordingly, the chief weight of the body in the action of walking, is alternately placed upon each of the great toes, when, at each step, we raise ourselves on our tip-toes; and almost the whole force with which the body pushes the foot forward, on its touching the ground, and before the rest of the foot bears any share in the weight of the body, is also alternately sustained by each of the great toes.

Each of the other four toes has three bones, which in each toe is less and smaller, in proportion to their lengths; their bases, or those parts in contact with the bones of the foot, are considerably stronger than at their exterior ends; their bodies are narrower above than below, and flatter on the sides. The first pha-

lanx, or bone, counting from the foot, is proportionally much longer than the bones of the second and third, the latter being very short.

The second toe, or that next to the great one, has, of the four, the largest bones in all directions, and more externally the toes are less.

The small toe, and frequently the one in contact with it, have the second and third bones nearly ossified or united in one; which, in all probability, may be owing to the great pressure they are subject to, and the little motion of which they are capable.

All the toes have various muscles, which enable us to extend any one of them, and to bend any of their joints; or to separate any toe, or approximate them to each other, at pleasure. They are also furnished with numerous arteries, veins, nerves, and lymphatics, which are of great use; but which, as well as their different causes and ramifications, need not be detailed here.

The toes, independent of the teguments, or common covering which they have, are each furnished at the extremity with a nail, of which we shall treat in its proper place.

PARTICULAR SEATS OF CORNS.

Corns, which may be defined small hard tumours, commonly seated on the toes, or other parts of the feet, though they sometimes affect the hands, occur most frequently under the nail of the big toe, on each side of the nail on the fleshy part, and on the last joint* towards the nail of this toe. They also grow on the second joint of the inner side of the great toe, externally on any part of the same toe, and on the part of that toe nearest to the first joint; likewise on all the four smaller toes, and principally on those joints of them which are most protuberant. They are seated mostly at the points of the nails, on the inner side; and externally towards, but not farther than, the second joint of the three middle toes: but there are none on the under parts of these small toes. The little toe, however, is more subject to corns than any of the other small toes. From the first joint to

* The first joint is towards the foot, and the last is always towards the nail.

the very point of the nail, they grow over the whole surface: particularly, there grows a corn between the little toe and its fellow, close to the integuments covering the metatarsal bones.

Few parts of the sole of the foot are exempted from corns except the under parts of the heel, the posterior part of which is not, however, subject to indurations, but to blisters.

Now the reason, if it be asked, why corns are peculiar to the feet and toes, and not unfrequently to the hands of labouring people, more so than to any other part of the body, is very easily answered; namely, the circulation at the extremities of the body is always carried on more slowly than towards the centre of the body, and in a ratio all over the system to the distance or proximity to the heart; consequently the action of the absorbent vessels stand in the same degree of activity.

For instance, a postillion, who rides stage after stage. The principal pressure is from the pole rubbing incessantly against his leg, which in time becomes irritated, but no sooner, comparatively, is the cause removed than the effect ceases, by the mechanical irritation subsiding,

and the partial inflammation disappearing, in consequence of the free circulation in the cutaneous vessels on a muscular substance. This, however, is not the case with the same cause on the *seat*, which frequently becomes indurated, in consequence of the principal action being upon a protuberant bony substance. The indurations here set up do not so soon subside, although the circulation is unquestionably brisker than at the extremities; though the tuberosities of the ischia, or those parts on which we are supported in the sitting position, are freer from circulation than those lying around it. The same with the elbow joint on which we lean. Hence it is always on the surface of joints that corns appear, or on processes of bones.

Again:—The hand of a ploughman is usually covered in the most projecting parts with callosities, or thickened or hardened skin. Gardeners also, from the use of the spade. In like manner, mowers and reapers are subject to the same effects, produced by the same causes. Tailors, from handling their scissors; blacksmiths, &c. Pressure, then, and friction, are the sole causes of corns; and those which arise on

the feet are unquestionably produced from the foot being cramped in small or badly made shoes, or from new shoes drawing the feet.

M. La Forest, operator to the Royal family in France before the Revolution, ascribes the cause of corns to "a thick and viscid humour in the pores of the skin, which is rendered hard by constant pressure, and finally forms a callous substance."

Another writer (Plateus) pretends that these excrescences are "produced by the lymph, or alimentary fluid, which is designed for the use of the skin, but is detained in the pores, and rendered hard by constant pressure."

According to Lavaugion, the cause of corns appears to arise from the laceration of the nervous filaments of the mucous net (rete mucosum) or plexus of the skin; and in that case, the lymph, which continually oozes out from their pores, coagulates under the epidermis, and through its inspissation, forms the substance of corns. La Forest says that this opinion is not only probable, but that he has found it to accord with his own practice; as he never found any other corns.

"I conclude from this," continues Lavaugion, "that the cause of corns is the same with that of the callus. It is a pressure, or friction, which was the occasional cause of them; with this difference, however, that constant pressure is the more frequent cause of corns; as, on the other hand, the callus arises from friction, as they commonly attach themselves to the epidermis; and, if they have taken place in this part, then the constant pressure in the lower part of the skin against the upper part of the bone, causes a sensation of pressure, which afterwards produces laceration. Of this we may convince ourselves;" and to this opinion we feel no hesitation to subscribe.

Corn doctors have had their controversies and disputations; but we think the man must possess very little anatomical or physiological learning, if he could attempt to deny that pressure and friction are the obvious causes of corns. Our division, therefore, of corns, shall be so far simplified, that we propose to reduce them into what may be termed

HARD CORNS AND SOFT CORNS.

1. The hard corn, of which we shall first speak, is a consequence rather of friction than of pressure, or of both causes taken conjointly, though participating frequently more in favour of the former. The distinction we would draw between the causes is as follows. The hard corn is produced by the constant collision of a tight or small shoe against the projecting point of some prominent bony surface, as on the last joints of the third, fourth, and little toe. The action is kept up, a sense of pain is experienced, which produces inflammation; rest decreases this inflammation, leaving an induration behind it. Renewed action, from the preceding cause, reproduces the same effects; inflammation again ensues, which in its turn is equally decreased either by rest or a temporary removal of the cause, leaving behind a second, or accumulated degree of induration. This continued action and re-action bring on a callosity rising above

the surface of the skin, which increases from its basis, in proportion to the excess or diminution of the exciting cause. This callus having gained a certain growth, friction is no longer necessary to its support, pressure alone will keep up a high degree of inflammatory action, which by sympathy is communicated to the circumjacent parts; and it is scarcely credible the extent to which it might be carried were the symptoms not palliated by adequate means. So much for the hard corn.

2. Now the soft corn, in the first instance, is produced exclusively by pressure; and in this condition—a very painful one too—if the person do not walk much, it will remain a considerable length of time before it takes on a callous surface. And, indeed, in very delicate feet, as in those of ladies, and where the individual is of quiescent habits, not much given to locomotion, the inflammation on the spot will remain as long as the cause exists. These corns are soft and spongy elevations on the parts acted upon; and the surface of the skin by no means loses its sensibility, as in the hard corn. As the

causes therefore vary, so necessarily must the treatment. These soft corns are also produced by what an old and experienced practitioner was pleased to term "lazy toes," that is, where by bad management, and the imprudent use of shoes "a world" too small, the toes are thrust out of their natural position; so that they are obliged to ride as it were upon one another's backs. Such toes as these are a disgrace to the symmetry of the human foot; and they are not unfrequently the merited punishment for presuming to change or alter the structure of the divine architect, who only knows whether a large foot or a small one is best adapted to harmonize with the other parts of the machine.

The soft corn, in consequence of the causes above-mentioned, is mostly formed on the inner sides of the smaller toes. They are then termed concealed corns. But all soft corns on the surface of joints will, by mechanical action of any kind, become hard, in proportion to the frequency and continuance of that action. The concealed corns are remarkably painful and sensitive, even in the absence of either pressure

or friction. As, however, there are variations in these corns, namely, when they assume different appearances, of which, as we proceed we shall speak, we will now direct our attention to those callous projections usually termed

BUNNIONS.

An incipient Bunnion is usually seated on the upper part of the first joint of the big toe. At the commencement of this kind of corn, there is a redness observable on the joint, attended with little or no pain. In this state it will remain for some time, and may eventually disappear without any inconvenience, though it may return after a year, or even after a greater length of time; but no regular or fixed period can be marked as regards either its return or disappearance; though it may reappear in the course of a few weeks. If, however, it does not go away, but remains for a length of time, several small roots will be seen, not larger than the point of a pin: but when one root only is observable, it is considerably larger. If it return, the swelling and inflammation are generally more severe than at its first appearance.

This projection, termed bunnion, takes place from different causes:

1st. From short shoes, which contract the toes, and the heel being the resisting point, this part of the toe where it is seated, is bent upwards, which may very readily cause this projection. It very seldom happens to be seated on both feet. And, if it be asked why this is not the case? The reason may be owing to the length of the nail of the one big toe being sometimes considerably thicker and longer than the nail of the other big toe. This nail, by pressing against the shoe, produces the projection, which may not happen to the other foot, where the nail is shorter, consequently not liable to the same pressure.

2nd. A corn, or corns, may be seated on that joint, causing, at times, very severe pain, and preventing the patient from walking straight, which obliges him to rest his weight on the other side of it, at the same time contracting his toes, while, from this cause, the point of the great toe is too much on the ground. A projection here then, under these circumstances, is unavoidable; and it swells and inflames more and more, in consequence of the pressure. The patient who labours under this complaint, is

commonly ignorant of the cause. The best remedy in this case, is a poultice of bread and milk, or linseed meal, which will allay the inflammation and swelling. This, indeed, will afford only temporary relief, as if the cause be not removed, it will again return with the same violent symptoms, or perhaps worse. And not unfrequently, in consequence of not taking timely and proper means, the great toe takes a transverse direction, that is, it is distorted towards the small toes, distending the projection; and when once it has taken this course, it will never regain its natural position.

Those who labour under the effects of this complaint, are compelled to confine themselves for some time. But their circumstances may not at all times admit of their remaining long in the house. Should, however, this be the case, it might prove injurious to their health, which is by no means improved by the cause of that confinement. Therefore, that they may not be deprived of the salutary effects of the free air, they first attempt to place the affected foot on the upper-leather of the shoe: the heel being placed as usual, it is tied over the foot, to pre-

vent it from slipping off. This method may be very useful, when the weather is warm and dry, but in cold or wet weather it is not admissible. The next palliative step which the patient has recourse to, is a pair of larger shoes; this, however, he does not find to answer the expectation, as from the tender part being irritated by the slightest pressure, he is unable to walk with ease; and the more he walks under these circumstances, the more the pain becomes aggravated. He then cuts a hole in the shoe, adapted to the size of the projection, by which means he walks with considerable ease: he is proud of the invention, and ascribes no little ingenuity to himself for having thus invented a remedy which enables him to walk with less pain. But he soon finds that this remedy does every thing but ameliorate his condition; as his foot is not only liable to be injured by the cold, but, what is still worse, he, by this means, forces his toe to grow transversely. And this occurs from the situation of the foot, the form of the shoes, and the difficulty which the patient has to encounter, in attempting to force such a diseased toe into the point of his shoe.

Sometimes a corn grows on the same joint, which does not produce a projection at all, nor any swelling or inflammation; neither is the pain so much as in the one above described, when the corn is placed in a projection. This, however, is seated on the joint, upon the metatarsal bone, towards the next toe. It is never deeply seated here, nor is the root ever found pointed, though it has more room to descend deeper than a bunnion. It is never surrounded with any callosity, which is a deviation from the common course of corns. It is commonly of an uniform thickness, neither penetrating deep, nor arising on the surface. On the root some protuberances are to be observed, inclining downwards, though none of them are so pointed as to merit the name of roots. This is, in fact, the kind of corn which we have designated by the term soft. These, for the most part, are situated between the toes, where, owing to the heat and moisture common to those parts, the corns are generally kept soft, and prevented from growing to a head, in the manner they would do, were they exposed to friction on the upper part of the toe.

Sect. II.

REASON WHY CORNS HAVE BEEN CALLED BY DIFFERENT NAMES.

Corns have received various names, as hard, soft, black, and bloody corns.

The hard corn, which we have already described, is by no means improperly so termed, as wherever it is seated, it always becomes harder than the common integuments. The soft corn is situated mostly between the toes. A black corn derives its name from a clot of coagulated blood at the end of its root, which occurs when the corn is at its full growth, and has entered the true skin, in consequence of a rupture of some of the small vessels which transmit the blood, which afterwards coagulates, and adheres closely to that corn.

The corn last mentioned is termed *bloody*, because, when it begins to grow, and to form

two or three roots, or perhaps more, these roots do not all grow to the same depth: in general one of them grows deeper, and is thicker than the other roots. As it thus grows deep, it proves an obstacle to the circulation in the small vessels of that part; and these vessels, instead of creeping under the corn, make an effort, as it were, to rise over it, and closely adhere to that corn, having their points directed upwards. This kind of corn is more painful than others. If a person wish to assist himself, by paring a little off it, which is usually done with a pen-knife, or razor, he cannot remove many slices, as he will very soon cut the vessels, from which the blood will freely flow. Indeed, it is scarcely avoidable for any person who thus cuts or pares his corns, unless he be made acquainted with these facts, not to draw blood. It requires some dexterity in handling the instrument, to avoid at all times bringing blood. From this circumstance, therefore, it has been denominated a bloody corn; but its name might be more appropriate, were it called a *fungous* corn. As, however, it is not our object to invent

new names, it has been deemed advisable here to let those names and terms stand which are best known to the world, for whom this work is designed. We proceed therefore to the treatment of corns.

Sect. III.

TREATMENT OF CORNS, AND MANAGEMENT OF THE FEET.

1. *Of the hard corn.*—The common method of treating corns, is to bathe the feet for about one hour in warm water; then to pare them as close as possible without giving pain; and afterwards applying a little adhesive, or soap plaister. This process should be repeated from time to time. If the causes occasioning the troublesome appendage be also removed, this treatment generally proves effectual, unless on long marches.

Another method is, to allow the corns to grow to some length, through a piece of leather, with a hole in it. They may afterwards be cut round the root, or simply extracted. Should the corn be on the sole of the foot, it will sometimes be expedient to put a felt sole in the shoe, in which

a hole may be made large enough to admit the part affected.

As a preventive of corns and bunnions, which require the same treatment, the size and figure of the shoe ought to be strictly attended to. It should be made sufficiently large, and of a shape correspondent to that of the foot. This is the treatment in ordinary cases, where the corn arises from the common causes already stated.

Many corns commence on the great toe, attacking the others in succession; but most commonly the first corn makes its appearance on the third toe; and sometimes, when the individual does not tread fair, and the foot is cramped in a small shoe, at the outer side, near the nail of the little toe.

Now, there are other causes than small shoes which give rise to corns, viz. the constant attrition of the joints of the toes, or protuberating bones of the feet against the shoes; such as occurs to soldiers, on a long march, who at first have no corns, their shoes fitting well, and every thing else being adapted to the circumstances they have to encounter. But, in the course of

time, their toes become tender, their feet blister, and if they have not rest, a high degree of constitutional excitement and pain is the consequence, which, if continued, would bring on a sympathetic fever, as has often been the case, which has terminated fatally.

As great care is taken in the army to see that the men are provided with proper shoes, with good thick soles, roomy about the toes, and that, in every other respect, they fit well; it is astonishing to find among such a body of men so few complaints arising from these causes. There is another thing in favour of the soldier against corns; namely, he is taught to walk, and if any perceptible awkwardness or deformity of the foot originally exist, this is corrected by the drill-sergeant, who teaches him to plant his foot fairly and uniformly on the ground, to turn out his toes, and give every articulation of the lower extremities its full and unshackled play. And those who are flat-soled, as it is usually termed, and with whom the toes usually project too much from the body, in consequence of the structure of the inner ancle, the individual in this case supports the whole weight of the

body on the inner side of the heel, first joint, and ball of the great toe, while the first joint of the small and adjoining toe, from constant play and collision on the upper, are invariably attacked, equally with the supporting parts of the foot, with callosities. As soon, however, as this awkward gait is corrected, and the individual treads more on the outer side of the foot, and draws in his feet to nearly a parallel, or rather to an obtuse angle with an imaginary point, at the distance of about six to eight inches from the heels, and these callosities being remedied in the usual way, they are only found to return as the individual, through negligence, recedes into his first habit or gait of walking. It is obvious, therefore, that the first step to correct a disposition to corns, is to mend the ways of walking, by showing the individual how to manage his feet, so as to be subjected in the least possible manner to collision, or friction, from protuberant or badly located points of the foot. This medium would require a little time and patience at the onset, which would be amply rewarded by the results.

After having, in a measure, succeeded by

the adoption and practice of the above discipline, the next consideration will be the shoe; for it is only now that we can expect to confirm what has been previously put in practice. And instead of adapting the shoe to the foot, which is, in many cases, a right bad practice, the foot ought to conform to the natural shape of the shoe; so that upon examination of the points of the feet, which may afterwards require the greatest degree of further discipline, the error may be readily detected by the deviation of the shoe from its original form.

Now we are not prepared to say that this plan will ever hold good generally, but there are many instances where such a practice may be successfully adopted, and many more considerably remedied, so that on the removal of the corns they will not afterwards recur, merely upon the principle of correcting the manner of walking with the means hereafter pointed out.

Where the feet and toes are so distorted from early neglect and long habit, the best means, as regards their discipline, can only be palliative. The corns must be treated with the knife, and such preventives used, if not to era-

dicate, to check their growth. In this case, shoes must be accommodated to the feet, and the sooner this can be done the better. Every pair of shoes ought to be made of suitable leather, and as high in the instep as they can be worn, that the action or friction may be taken off the toes. Soft calf's skin is the best leather. Previously to being worn, to render them flexible and more capable of yielding to the form of the foot, they ought to be sufficiently roomy every where, and whereever there may be any vacuums or spaces about the toes, these should be filled up with cotton-down. The upper-leathers should be well oiled, till they be soft and yield easily, so that they may more readily mould to the feet. After this, the oil may be discontinued, if thought proper. Elderly people, with invincible corns, after having pared and treated them in the manner hereafter to be mentioned, will find this plan very convenient.

As regards the operation on hard and old corns, the treatment should consist in bathing them in water as before directed. Then, with a sharp razor, or keen-edged pen-knife, the patient should begin with the very apex of the

corn, to pare off in the most minute manner the callosity. Previous, however, to using the instrument, his hand-confidence would be much strengthened were he to take a small strip of coarsish linen, and make a hole in it, just sufficient to admit the corn: this passed uniformly, and with the requisite tightness on the spot, and held or fastened there, would enable the operator to use the necessary caution to the extent required, and guard the adjacent parts from being wounded unnecessarily. Having then arranged the means, he is to continue shaving off very thin laminæ, and to diminish the tenuity of the pieces he cuts in proportion as he advances to the quick. The most indurated parts being removed in this manner, with a hair pencil he will moisten the surface of the corn with the following fluid:—

Take, Nitrate of silver, one drachm,
Pump or rain-water, a table-spoonful.

Let these dissolve.

Having moistened the surface of the corn in the manner directed, the slip of linen rag may be removed; in a few minutes it will assume

a black colour, the consequence of the action of the solution: this in a few days will slough or peel off; after which, the solution is to be re-applied in the same manner, the parts raised, the seat of the corn being protected by the linen; and thus it may be repeated as long as necessary, that is, until the callous parts be entirely removed, and the seat of the corn rendered uniform with the skin. A piece of adhesive or soap plaister, cut precisely to the circumference of the corn, may be applied after each operation. The shoes being now made easy to the feet, and the pressure equal both without and within the shoes, there is every probability that the corns will never return on ordinary occasions. This method has been recently adopted in many instances with the most decided benefit in both sexes. The process is simple, easy, and unattended with the least pain. The same plan may be equally adopted with bunnions, or on callosities situated on any part of the feet, though with soft corns, where the surfaces are so sensitive as not to bear the knife, it will not be attended with the same permanent effects.

TREATMENT OF SOFT CORNS.

It will readily be observed, that soft corns are seldom, if ever, seated upon the apex, if I may so term it, of a joint, but either between two joints, or on the outside of the extremity of the foot, near the root of the little toe, or on the inside of this toe and the two nearest to it, near the nail. Those that are concealed, that is, not distinctly visible, without raising or making one toe recede from the other, are the consequence of pressure in the first instance, aggravated and kept up by friction in the second, materially assisted by the acrimony of the confined perspiration of these parts, which frequently of itself excoriates the skin. Hence the necessity of frequent ablution.

The generality of these cases may be traced to females, whose desire to compress their feet into as small a compass as possible, diverts the toes, by this means, from their regular line of growth, so that in time they can scarcely bear any shoes at all, however large. Their feet

also being more tender and delicate, do not well resist such harsh treatment; they should be careful, therefore, how they cherish such practices, which are always sure in the end to defeat the object they have in view. Add to this, their more sedentary habits frequently prevent a well-organized callosity, so that they are doomed, from their own imprudence, to be perpetually under the torment of a soft corn, with just sufficient friction, from their inactive habits, which they are now afraid to lay aside, to keep up the irritation of the part.

Prevention here is the most advisable and safest plan; and we would seriously recommend every person, on the first symptoms of corns, to remove the cause instantly, by changing their shoes, and adopting such other means as may be deemed requisite to obviate the origin of these evils.

Where the toes, and other parts of the feet, are extremely tender and sensitive, from the least mechanical action, it would be well to have even the shoes made longer than usual, and the parts padded with soft down or cotton, till they become more accustomed to the action

attendant on walking; and it may here be noted, that the thicker the sole of a shoe, and the higher the upper-leather, the more confined is the action of the toes.

In these soft and very sensible projections, where there is not the least callosity on the surface, and where there is a continual red flush, the knife must by no means be used; neither must the surface be rasped or rubbed. There is sometimes round the edge of such corns a callous rough substance, which furrows up. This, however, may be removed with a pair of small sharp-pointed keen-edged scissors. A piece of fine lint may be interposed between the conflicting parts, or the same neatly wrapped round each affected toe, to prevent friction with the immediate neighbourhood, as well as to absorb the perspiration. And whenever any indurated or dead material can safely be removed with the knife or scissors, it may be done, not otherwise, as it will relieve pressure, in some degree, from the nerves of the part, which are rendered exquisitely sensible from the causes already defined.

Tender feet, frequently bathed in a decoction

of oak bark, the chill being taken off, has been found to strengthen them. This done, particularly after exercise, and the feet put into a pair of lamb's wool stockings and easy shoes, affords a very cheering relief.

There are soft corns again, whose surfaces, though very tender, are nevertheless sufficiently indurated to admit of a slight paring with the knife. Whenever this is the case, it may be done, and the solution of the nitrate applied and treated as before. The greatest caution must be taken in using an instrument, be it knife, scissors, or razor, not to touch the quick, but to leave off in time. It has been remarked by one of our most distinguished surgeons, in his lectures on this very subject, that "old people ought to be very careful how they finger their toes," and indeed he is very right, and such an excellent piece of advice cannot be too rigidly adopted, as from the languor of the circulation at the very extreme points of the body, accidents are not so easily repaired as nearer the heart; and when it is known that the blood-vessels in the fingers, and particularly the toes of very old people, are almost, if not quite obli-

terated, it may readily be divined what the consequences would be, were such parts wounded by the incautious or unnecessary use of a cutting instrument.

In cutting some hard corns which have a circumscribed or narrow basis, or attachment of the root, which admits of considerable motion, and which causes excessive pain, the corn should be fixed and deprived of motion before you begin to operate; by this means, no pain will be felt; and we repeat again, that the smaller the lamina or shaving removed at one cut, the easier and safer will be the operation.

To prevent toes from riding over each other, they may be padded with lint and properly bandaged for some time. A large shoe must be used at first, with moderate exercise. To be brief, hard corns are commonly produced by the toes rubbing against harder substances than themselves, and soft ones, or those called concealed corns, from the action of skin against skin, assisted by the acrimony of the perspiration natural to confined places. Hence, the causes and symptoms being known, the effects,

with a little judgment and perseverance, may, in time, be palliated or removed, according to the remoteness of the one or the urgency of the others, by the simple means here pointed out.

Sect. IV.

OF THE NAILS IN GENERAL.

The nails are complete at birth, so much so that they are capable of being pared; and they continue their growth without interruption during life, though liable to various changes from certain diseases and accidents, as small-pox, measles, fever, &c. In consumption the nails cease to grow in proportion as the disease advances; and in some instances, in the last stage of this disease, the nails fall entirely out, in consequence of the nourishment on which they subsist being exhausted. In this state also they take on what Dr. Cullen calls the *adunque* form, which is always a symptom of want of nourishment.

The substance of the nails is horny; though by some they are asserted to be of a fibrous texture. As we arrive at maturity our nails become harder, and their colour somewhat varies. When we arrive at this period, they

have received that degree of hardness which prevents us from tearing any part from them. This hardness, however, does not always take place at stated periods, as in some people of thirty years of age they are as hard as in others at nearly double this time of life. The nails, therefore, have been divided by chiropedists into *first* and *second* order. The first are so soft, and so easily lacerated, that when they become too long, people seldom take the trouble of employing either knife or scissors to take off the superfluous part; instead of which they use the nails of the opposite hand; this is usually the case some time before the age of maturity. The second order occurs after this period, and is distinguished by the hardness above mentioned.

In the second order, the nails are not so liable to grow into the quick as those of the first order, because nature has supplied a peculiar spongy substance, of a brownish yellow colour, growing beneath the nail of the big toe. In some people this substance begins to grow when they are thirty years of age, and continues during life. In others it may begin to grow about the

age of forty or fifty; and in some people this substance is never found at all. Where this substance occurs abundantly, it is necessary to pare it away, which is often done in cutting the nails, previously to which it ought to be removed from under them. Where it does not grow so rapidly or so thick, it is scarcely thought of, because its utility is not appreciable. But it should be known, that did nature not furnish this substance, we should uniformly incur the danger of having the nails grow into the quick, because the second order of nails become very hard, and lie closely under the skin. This spongy substance, therefore, it is obvious, is not without its use, because it grows from the beginning towards the end of the nails, and is seated exactly below the edge of the nail, and serves the same natural purpose as if a piece of lint had been mechanically introduced below the edge of it, to prevent the nail from entering the quick.

Those who have this spongy substance, suppose that it grows from the flesh below the nail, though, on the contrary, it grows from the under part of the nail, to which it closely ad-

heres, and has no connexion whatever with the flesh. It is more liable, however, to grow in greater quantity on the inner side, below the nail, than on the outer side. It most generally prevails, though in many it is wanting.

Sect. V.

TO PREVENT THE EDGES OF NAILS FROM GROWING INTO THE QUICK.

On the first indications of the nail penetrating the quick, such a disposition, if early attended to, may be prevented by bathing the feet in warm water, and gradually raising up that part which seems disposed to enter the quick, and introducing a piece of lint under it. The nail will then take a different direction, and the evil will be remedied. In the adult nails which take on this disposition, the centre of the nail is to be scraped longitudinally, nearly down to the quick. The foot is then to be placed in warm water, and the penetrating parts raised out, which will now be the more easily effected, in consequence of being scraped. This being done, pieces of lint are to be introduced and retained there until the edge of the nail is diverted into its proper course.

DEFORMED NAILS.

These, for the most part, are produced by accidents of various kinds, such as weights falling upon them, bruises from knocking them against hard substances in walking. Soldiers on the march, on taking off their shoes, frequently perceive their stockings tinged with blood, and on drawing them off find the nails of their big toes in them. Notwithstanding the force which must have occasioned this accident, the nails not unfrequently grow again and become as regular as ever.

Deformed nails, from whatever cause, admit of being corrected, by attending to these circumstances. They will, for the most part, when they are entirely removed, be reproduced in as nearly the same condition as possible, if the growth be not obstructed or impeded by some other means.

There is a thin insensible membrane adhering to the beginning of the nails, and covering a considerable part of those of children,

while on the nails of people advanced in years it does not grow so far. This membrane, by anatomists, is termed the semi-lunar fold, from the resemblance it bears to a half-moon, and is what Chiropedists have designated the regulator of the nails; as when it is injured the nails continue to grow, but when it is destroyed the nails become deformed.

Having already observed the injuries to which the big toes are liable in marching, and which become regular again, owing to the heat and perspiration, which have tendency to loosen them, it may be added, that when our feet grow hot and swell, the shoes, consequently, become too short; it is not, therefore, surprising that, from the great irritation, the nails, under such circumstances, should unavoidably be forced out; but the regulator having been left uninjured, a new and regular nail grows again. This regulator is so easily injured, that instances are known of deformed nails having been produced by one person treading upon the toes of another while dancing.

There are many people who have nails upon their toes, particularly on their little toes,

which do not grow. Such nails have nearly the same form, though they have an appearance different from others; but what is remarkable, they have sensation. Also, on some of the other smaller toes, it will frequently be seen that one half of the toe grows regular, while the other half does not grow at all, owing to the neighbouring toe lying upon it, and, by constant pressure and friction, the regulator on that side has been injured. That part which does not grow has likewise sensation, as above-mentioned. It may be now fairly concluded, that wherever nails fall out and grow again, owing to the constant friction and irritation consequent upon marching, the regulator has not been injured; and that whenever a deformed nail has been produced, it has, for the most part, been owing to a heavy body falling upon it, or to the tread of a horse, by which the nail became black, and grew out and assumed a deformed shape. An injury then done to the regulator or semi-lunar membrane above alluded to, seldom fails to produce a deformed nail.

Sect. VI.

MANAGEMENT OF THE TOE NAILS.

Having said sufficient of the nature, texture, and progress of the nails, we shall next lay down some general directions for their proper management, in addition to those already enumerated.

The first order of nails are extremely liable to injuries, and are too often mismanaged. All that is commonly done in this stage is to examine them at bed-time and when we rise in the morning; and when some of them are observed to be too long, people seldom use a pen-knife or a pair of scissors, but tear off a portion with their fingers. This operation often proves successful, though many bad consequences have arisen from such a practice: indeed, it is in the power of every person to experience this by himself, when, on tearing off the nail, and it does not go according to his wish, but goes deeper, he immediately desists, and contents himself with the hope that the nail will grow up

again, when he will be enabled to accomplish his end. Similar practice has unquestionably succeeded, but in such cases the toe has been known to inflame, and swell to that extent that the patient has been obliged to call in medical advice. People, therefore, should be cautious, and guard against this practice, particularly with the big toe, which is most liable to grow into the quick, in the first order, when our nails are thinnest.

In the second order of nails, they are thicker and harder, so that they do not admit of being so easily torn, as in the first order. Suppose, for instance, they are pared too short, and their corners rounded too much, great danger is not to be apprehended, because in the second order, nature has supplied a spongy substance, placed in such a manner under the edge of the nails of the big toes, as if it were mechanically fixed, for the purpose of securing those nails from the danger of growing into the quick; though in the first order of nails this substance is wanting.

The nail of the big toe is more liable to grow into the quick than those of the smaller

ones, because the big toes are longest and thickest, consequently they sustain most pressure upon the nails from the shoes. The big toe has commonly a straight direction. In some persons, however, the point inclines a little upward, while, on the contrary, the points of the smaller toes incline somewhat downward. It is evident, therefore, that the nail of the big toes sustains considerably more pressure from the shoes than the nails of the smaller toes.

Sect. VII.

CONSEQUENCE OF PARING THE NAILS TOO SHORT.

The pressure which the nails suffer is evident, by which the integuments come above their corners; hence they are daily pressed more downward, and the corners are interrupted by the surrounding parts, so that they cannot come out with facility. They continue, therefore, to grow, but are interrupted, and consequently pierce the integuments. If a nail has already perforated the skin, a patient then begins to feel pain, which though at first is only trifling, gradually increases as the nail grows deeper. This induces the individual to attempt a remedy, namely, by paring his nail very short: but he cannot properly round the corners any more. Should he, however, accomplish his purpose, by taking a small portion from the corners, he has done more harm than if he had not touched them at all. But he supposes it will afford him considerable relief, for the shoe would not press so hard upon the

end of the nail as before; at the same time, he does not know that the fleshy part projects over the edge, at the end of the nail, and interrupts its growth; the nail, therefore, is forced to take a contrary direction, namely, instead of growing forward, it grows inward, sometimes directing its course to one side only, at other times on both. When the nail has penetrated so deep, and several vain attempts have been made to pare it, it has then been the practice to scrape the surface of the nail very much, so that it becomes quite thin, on the supposition that by these means the corners would grow out, as they will assuredly do, if assisted as directed, and treated accordingly, in page 39.

Many nails of the first order, being already thin enough, do not require scraping for this purpose. Neither ought they to be rounded at all, nor cut shorter than the point of the toe. The nail should always be cut square, and the corners remain ont of the fleshy part. The bad habit of tearing the nails should be studiously avoided.

The nails of the smaller toes are not so liable to grow into the quick as those of the big toe,

but they should be properly managed; they must be cut square, and the corners should remain out in the same manner as those of the big toe. Suppose they incline to grow in, it is impossible they can penetrate, because they constantly follow their natural course, and grow forward.

If people attend to these directions, they will never have their nails growing into the quick.

Nails of the second order are more manageable, and less liable to danger than those of the first, unless from accident. They should at least be pared every month, as they do not grow so readily as those of the first order. People who have the spongy substance below the nails, may cut them either round or square; they will not be in danger of growing into the quick, because it serves as a guide, growing along with the nail. Great care must be taken not to destroy this substance. In some people, however, it grows so rapidly that it becomes troublesome to them, consequently they are obliged to diminish it in the best manner they can; but were it destroyed entirely, there would be danger of the nails of the big toes grow-

ing into the quick ; a small portion of it, therefore, should invariably be left. Indeed, the best method is to cut the nails square, so that the corners may project a little longer than the point of the toe. A nail too long is destructive not only to the stockings, but also to the shoes ; but when cut so as to project a little over the tip of the toes, it will protect the latter. The smaller toes should be managed precisely in the same manner as the larger ones ; and though they are not so likely to grow into the quick as the latter, they are, nevertheless, as liable to accidents.

The regulator, or semi-lunar membrane, should be particularly attended to in nails of the first and second order, as it adheres closely to them, especially to the nails of the big toes. While the nails continue, they drag the regulator along with them, which is not easily disengaged, by which means inflammation of the integuments is often occasioned at the beginning of the nail. When a person pares his nails, the regulator should, on this account, always be detached from the nail with a blunt-pointed instrument; and great attention must

be paid, not to go too deep, to hurt the regulator, as this may give rise to a deformed nail.

The attention requisite for the proper treatment of deformed nails is but small, as they grow much slower than those of the preceding orders; and they require to be pared only every six months, and frequently only once a year. The only difficulty attending them is, that they grow so thick, and become so remarkably hard, that a person is not able to reduce them without considerable difficulty.

Sect. VIII.

MANAGEMENT OF THE FINGER NAILS.

The nails of the fingers are not so liable to accidents as those of the toes. The absurd custom, however, of wearing them long, sometimes exposes them to injuries, as they are apt to collect filthy substances below the projecting parts; hence people are obliged to use pointed instruments for the purpose of removing these extraneous collections, by which means they frequently go too deep, and detach the nail from the skin.

People should pare their finger nails every ten days; by observing this custom there will be no necessity to remove the substance collected below them by other means than soap, water, and a nail brush.

In paring the finger nails, there are rules respecting them different from those which relate to the toes. Those of the fingers should be completely rounded, as the corners, if left,

would be apt to take hold of substances with which they come in contact, and which might prove injurious to the nails by laceration.

The nails of the fingers frequently assume a distorted and jagged appearance from the uncouth and unnatural custom some people have of biting them.

There is another troublesome complaint about the regulator of the finger nails, to which young people are most subject, namely, ragged pieces of skin adhering to the integuments, which, when attempted to be torn off, produce very severe pain. Some people are more incommoded with it than others. Various methods are resorted to for removing these pieces; some bite them, others cut and clip them off, others again use their nails. The best means is to loosen the regulator from the nail with some blunt instrument, and after with a pair of fine-pointed scissors, or pen-knife, and a steady hand; the place touched afterwards with the solution. (See p. 27.)

When the regulator is too long, that is, when it grows too high up the nail, it should be cut off with a pen-knife as near to the fleshy part

as possible without woundiug it, and afterwards adjusted to its proper place with the blunt part of the instrument. Great care, however, is necessary in loosening the regulator with a pen-knife, lest it penetrate too far and do some injury. When this is the case, we incur the risk of bringing on a deformed nail.

Last of all, as regards the nails of the fingers, they ought never to be scraped with an intention of polishing this surface; it causes them to wrinkle, and makes them appear as if they were deformed in consequence of previous disease.

Sect. IX.

BATHING OF THE FEET.

The feet may be bathed in warm or cold water, at various temperatures. Very little attention, however, is paid to these varieties, and as little regard seems to be observed concerning the proper time for this partial act of ablution. The nails, and particularly where there are any deformed ones, admit of being more easily pared, and otherwise managed, after the feet have been in warm water for a short time, although there is a state of corns which are best reduced without having recourse to the bath to soften them. The instant the feet are removed from the bath, be it warm or cold, they should be promptly dried with a coarse cloth, and well rubbed. At no time is a foot bath so necessary to such as are troubled with corns, than when the feet are damp or wet after walking. A tepid bath, that is, a bath between

80 and 90_o, is not only a preservative at such times against cold, which, from wet feet, is known to attack various parts of the body, but it preserves the feet themselves, renders them easy and comfortable, and keeps them sound, by removing dirt and perspiration which may have accumulated, and which, more than any other cause, frequently give rise to corns, irritations, blisters, and the like. Clean feet, clean stockings, and a pair of easy shoes, are the best preventives of injury to the feet, and as great a luxury as it is possible, where personal comfort is considered, for any one to enjoy.

In bathing the feet, some composition is frequently used in the water, as bran, milk, &c. Bran cleans the feet better, perhaps, than any other substance, and it does not expose the individual to the danger of putting on his stockings upon damp feet; for where any of the bran remains upon the skin, it causes him to wipe his feet carefully, and thus secures him against the consequences of dampness.

People who have habitually moist or perspirable feet should not let them remain above

five minutes in the bath ; and bathe them three times a week in summer, and twice in winter. If they are apprehensive of catching cold, they may defer paring their nails at this time ; and people whose feet do not perspire, may bathe them twice a week in summer and once in winter, keeping them in the water about ten minutes.

The most proper time for bathing the feet is at bed-time. Those who wear under stockings should always place the right side of the stocking next to the skin, as, for the most part, it is plainer and softer than the other side. Some people object to bathing their feet, under the apprehension of such a habit predisposing them to gout or rheumatism ; let those, then, rub their feet carefully twice or three times a week with a coarse towel, which will keep them easy, and remove the scales that are apt to accumulate upon them.

BLISTERS ON THE FEET FROM WALKING.

Several methods have been put in practice to prevent the feet from blistering: some recommend the soles of the feet to be anointed with tallow; others, to pour spirits into the shoes, which should tend to harden the skin. Without criticising any of these means, which every one has in his power to adopt, and without suggesting any preventive, we will satisfy ourselves with pointing out an easy and effectual remedy for blisters of the feet, let them occur where they may, namely:—Take a large needle threddled with a worsted thread, and push it through the blister, then cut off the needle, leaving two inches of the thread hanging out at each end. This remedy has two advantages:—

First,—It keeps the scarf-skin close upon the true skin, and thus prevents sand, &c. from getting in. Secondly,—The thread absorbs the acrid matter, and needs no further attention, the old skin remaining till a new one grows, when the blister wears away.

Blisters which have been merely punctured, have always a disposition to fill again. They are commonly opened by means of a knife, or scissors, but they afterwords become very painful, and not unfrequently degenerate into sores, which require medical aid to heal. These are the results of observations made during the author's travels, in company, not unfrequently, with some thousands of individuals.

Sect. X.

DIRECTIONS FOR THE SELECTION OF SHOES.

Whoever would consult the welfare of their feet as an essential point of consideration, inseparable from personal comfort, let them sedulously attend to the choice of shoes. It happens too often that people consult their pride in preference to their ease. The ladies in particular are more apt to fall into this singular error; by wishing to appear to have small feet, which they consider as a high gratification, they will force their feet into shoes considerably, in every respect, too short as well as too narrow for them. What is the consequence of this piece of ignorance and specious vanity? They distort their toes, blister their feet, and lay the foundation of corns. Hence, nine women in ten, upon the most reasonable calculation, before the age of twenty-four, have comparatively monstrous feet, and distorted toes, from this very cause alone. Rather than be satisfied with the original conformation of the foot, and wear a pair of

shoes corresponding to its shape, and answering in every respect to its bulk, they force their feet, like a wedge, into a tight pair of shoes, make themselves lame, and wear out their leather to no purpose after a few days use. Such women as adopt, or have adopted, this unnatural practice, are always bad walkers; their gait is invariably afterwards cramped; the elasticity of their feet is lost; they are generally buck-shinned, have large ankles, and stick out their toes a mile asunder, while their heels are usually so closely in contact as to knock against each other. Their knee-joints are stiff, their action is rather hobbling than walking, and appears, as is actually the case, as if the whole leg and foot were carried forward by the action of the pelvis, assisted by a trifling degree of flexibility in the knee hip-joint.

Those who would avoid these unseemly and painful habits, will always have their shoes made of a proper length and breadth, corresponding to the foot. A good shoe-maker will be best able to point out how any defect may be remedied; and in purchasing shoes ready-made, or made to measure, let them, if they require it, be stretched upon the last, and not upon their

feet. And whenever a shoe-maker tells you a pair of shoes will stretch, if they appear too small, let him stretch them on the last before you take them away. The shoe must be made for the foot, not the foot for the shoe. The same rules are to be observed in the purchase and manufacture of men's shoes.

Soldiers, and those who travel or walk much on foot, should provide themselves with shoes that fit exactly, having the upper-leather pretty soft. Their stockings ought to be as plain as possible, and should be frequently changed and washed, as when they are allowed to be too dirty, they become stiff, and may blister the feet. Those who have perspirable feet, should wash them three times a week in summer, and during this season should wear thread or cotton stockings, which they ought to change more frequently than those whose feet are not subject to this evacuation; they may, moreover, wear an additional pair. The perspirable matter arising from the feet becomes, after marching or walking much, acrimonious, and is apt to corrode the skin. Hence the necessity of ob-

viating it, particularly in confined parts, as between the toes.

To conclude, all who value their feet, fingers, and toes, either for comfort, use, or ornament, will find these purposes best answered by mild treatment, cleanliness, and attention to first causes.

We shall now lay down some of the best-known Corn prescriptions, which from time to time have been employed in the cure of these excrescences, observing, at the same time, that before any of them can be productive of much sensible benefit, the corn must be properly reduced, and carried as near as possible to the quick, without wounding it.

The following are from '*Medicinal Experiments, or a Collection of choice and safe Remedies,*' &c. by the Hon. R. Boyle, 4th Edition, 1703, some of which have been found very beneficial.

1.—A PLAISTER TO PREVENT CORNS.

Take yellow bees'-wax, four ounces; verdigris exactly powdered and sifted, one ounce;

the *caput mortuum* of the skull of a man*, one drachm. Incorporate well with boiling them a little, and make thereof a plaister according to art.

2.—AN EFFECTUAL PLAISTER FOR SOFTENING AND LOOSENING CORNS.

Spread a plaister of *gum ammoniacum*, not too thick, without being dissolved in vinegar, and applying it to the part affected, let it remain on till it has sufficiently done the designed work of emollition.

3.—A POWERFUL, BUT SMART REMEDY FOR CORNS.

Evaporate the strongly expressed juice of radishes to the consistence of a soft plaister, to

* The virtues formerly supposed to be inherent in the skulls of dead men, have been held in high repute by as great men as Sir Robert Boyle. The wisdom of our ancestors does not at all times claim either our gratitude or admiration.

be applied to the part affected, and renewed as often as it grows dry.

N. B. It will sometimes smart for a while at first, but afterwards it will do its work.

4.—A GOOD REMEDY FOR CORNS OF THE FEET.

Take the yeast of beer (not ale) and spread it upon a linen rag, or other cloth, apply it to the part affected, renewing it once a day.

5.—A TRIED MEDICINE TO TAKE AWAY CORNS.

The parts being made soft with bathing, and scraped, apply to the corn a plaister of shoemakers' wax; but if the part be very tender, your plaister may consist of equal parts of shoemaker's wax and diacylon melted together, and spread somewhat thin.

6.—AN OFTEN TRIED REMEDY FOR CORNS.

Take the juice of houseleek, and mix it up with about equal parts of the thick balm or yeast that sticks to the barrel, or to the clay that stops it. Of these make a kind of plaister, which being kept on the toe for a while, and then, if need be, renewed, will make the corn very soft, and easy to be drawn out and extirpated.

7.—Take ammoniacum strained, and diacylon, of each an ounce; white precipitate, two drachms. Mix them well together, and apply it only over the corn, being first cut as conveniently as can be.

The following are from the *Queen's Closet Opened, or the Pearl of Practice, &c.* 1668.

1.—FOR TO KILL A CORN.

Take of the bigness of a walnut of ale yeast that is hard, and sticks to the tub-side, put to it a little dried salt, finely powdered; work them well together, and put this composition into a close box; make a plaister of some of it, and bind it to the corn.

2.—TO TAKE AWAY CORNS.

Take hog's grease that is not tried, and beat it with a pestle, and spread it upon a piece of white cotton, on the ragged side, and bind it on the corns, dressing once or twice a day, and it will wear them away.

Others from various sources.

Gum Ammoniacum dissolved in vinegar and inspissated, two drachms; Venice vitriol, half a drachm. Though some use

Cyprian or Roman vitriol (blue stone) one

and a half drachm; white precipitate well edulcorated, three drachms; Strasburgh turpentine, a sufficient quantity.

Mix, and make a wax cloth.

ANOTHER.

Take galbanum prepared with vinegar and wax, equal parts, eight ounces; turpentine, five ounces.

Mix, and make a plaister.

ANOTHER.

Take crude antimony, in powder, one and a half drachm; submuriate of mercury, two drachms; corrosive sublimate, six grains.

Mix, and make a plaister.

ANOTHER.

Take gum galbanum dissolved in vinegar, gum ammoniacum, of each one ounce; diacylon, half ounce: melt them together, and then

mix in twenty grains of powdered verdigris; and make the whole into a plaister.

Besides these, there are a variety of other applications to corns, as ivy-leaves soaked in vinegar, house-leek, and Burgundy pitch. Also a great number of quack preparations, as Arabian, Russian, German, and Kennedy's corn plaisters; besides oils, and a variety of ointments: likewise roasted onions, garlic, raw meat, &c. All these have nearly served the same purposes, as they are all more or less corrosive or discutient. What is more, we have heard of corns being cured by merely applying a wafer to them. We shall conclude these remarks by observing that corrosive substances are by no means safe applications to the toes; that whenever they are used they should never exceed the size of the corn, the latter having been previously reduced by paring. A piece of diacylon plaister cut to the shape, and laid upon the corn after having been cut, will prevent friction upon that spot; but we have recommended the solution of the nitrate of silver, (page 27,) which if used as there directed, will be found the safest and easiest remedy hitherto

devised; the diacylon may be laid on after. In the treatment of corns, much good, however, is not to be expected, if causes be not attended to and removed; after which, by the means here laid down, there can be little difficulty attending the cure. Inveterate cases that have proceeded far, will require longer time; but success in the end must be complete.

Sect. XI.

RECIPE FOR PRESERVING SHOE-LEATHER.

Take bees' wax, one ounce; boiled linseed oil, half a pint; spirits of turpentine, one ounce; Burgundy pitch, half ounce. Melt the wax and the pitch in oil, over a slow fire, in an earthen vessel.

If new leather, either of bootsor shoes, be saturated with the above composition, and left to hang in a warm place for eight or ten days, the shoe-leather will not only be rendered soft and pleasant, but also impervious to wet; and what is of the greatest importance to a respectable appearance of the upper-leather, it will seldom be found to crack at the sides.

OF THE HANDS, &c.

There is no part of the exposed human body individuals are so desirous of seeing in a pleasing state as the hands, the instruments of our industry, and the source of support. It frequently happens that, from the nature of one's avocations the most perfectly formed and delicate hands, from exposure to rude and unaccustomed labour, become hard, discoloured, chapped, wrinkled, cracked, stiffened in the joints, and not unfrequently crooked. Now these are the conditions, more or less, of all who support themselves by manual labour. There are many causes, however, which tend to accelerate this condition, and one of the most usual among females is not drying their hands after they have had them in water, but on the contrary, suffering the water to evaporate off them, or holding them to the fire, wet, in cold weather, and many other similar causes, which might be easily avoided. To avoid unnecessary digression, we shall briefly observe, that those who wish to improve the appearance of their hands with the

amelioration of their circumstances, that is, when they are no longer necessitated to follow such menial employments as they were first engaged in, we would recommend the hands to be bathed two or three times a day in a hot milk and water bath for several successive days; trim afterwards the nails uniformly, and divest them of all ragged appendages: on going to bed, a piece of palm-oil, about the size of a kidney bean, to be well rubbed all over the hands, and a pair of woollen gloves worn during the night: the following morning the hands are to be well washed with soft soap and hot water, and a pair of soft leather gloves worn during the day. To promote a free circulation among the fingers, and on the surface of the skin of the hands, they may be well rubbed one with the other for the space of five minutes, three or four times in the course of the day. This practice continued for a week will soon convince the individual of the rapid improvement that the hands have made under it. Those who want delicate hands should never hold them near the fire, or expose them to cold winds or rain. Where the hands are sun-burnt they may be washed in lime-water,

or the juice of lemons: these will also remove freckles from them, if not too severely impressed, as well as from the face and neck: or the following solution, which may be obtained at a trifling expense, and which is, in fact, a better preparation than any ever sold or advertised by the clamorous nostrum-mongers of the day, and will, by experience, be found to be much more certain and efficacious, namely:—

TAKE distilled water, or water that has boiled, one pint; sal ammoniac, half drachm; oxymuriate of quicksilver, four grains. Dissolve the two last ingredients in a little spirit, and add the water gradually and uniformly to them. Add to the whole another half pint of water, and it is ready for use. It may be applied by means of a piece of sponge as often as convenient, to freckles, skin coloured from the rays of the sun, such as tawny necks, arms, and hands. Rose-water is preferable to the distilled water, from its being of a more cooling and aromatic nature, though more expensive. If the hands be previously fomented with a warm infusion of bran, the solution will act better on them.

TO REMOVE WARTS FROM THE HANDS.

Warts may be removed by first paring off the decayed parts, and applying from time to time a pencil dipped in the solution, (p. 27.) Or, if their necks be narrow, they may be nipped off at once with a pair of scissors, and the roots touched with blue vitriol. Or they may be removed by ligature, if their bases be not too broad, that is, by tying round them a fine hair, or silk thread; they will then fall off, from the nourishment which supports them being intercepted. The juice of celandine, or spurge rubbed over them, is esteemed good; equal parts of rhubarb and ipecacuanha, in powder, form a very good mild escharotic for them, as well as savine, and many other simple substances.

SIMPLE DEPILATORY.

The oil of walnuts rubbed on the head of an infant prevents the hair from growing. The depilatories now in use only remove the super-

fluous hair for a time, as it soon grows again; but after the use of any of the corrosive depilatories, the oil of walnuts being applied, the object will be completely answered.

TO REMOVE SUPERFLUOUS HAIRS FROM THE BACK OF THE HANDS, THE FOREHEAD, OR OTHER PARTS OF THE BODY.

Take polypody of the oak, and bruise and cut it into small pieces, put it into a cucurbit, or retort, pour white wine over it, until it cover it by an inch; let it stand and digest for twenty-four hours in a sand bath, then distil it with boiling water, until nothing comes over. A piece of linen dipped in this water, and applied to the back of the hand and wrists, left there all night, and repeated, will cause the hair to fall. Water of the distilled leaves and roots of chelidony, applied as above, produce the same effects.

As the natural perspiration is the only real cosmetic, the hands, by being made to perspire in a hot summer's day by means of woollen

gloves, will receive more benefit than from all the boasted applications of perfumers and others. What is here said of the hands is equally applicable to the skin of every part of the body. By promoting the perspiration, you open the pores of the skin, and evacuate the secretion otherwise confined, which proves injurious at least to the complexion of the parts.

Freckles will be removed from the hands, face, and neck, by repeated applications of the solution, (p. 27); blotches also; taking two table-spoonsful of the following mixture three times a day, and washing the face with morning dew:

Epsom salts, one ounce; mint water, four ounces; distilled, or pure water, four ounces; magnesia, half an ounce.

AN EXCELLENT WASH-BALL FOR THE HANDS AND FACE.

Venice soap, two ounces; oil of bitter almonds, one ounce; oil of tartar *per deliquium*, 1 ounce.

Dissolve the soap in two ounces of lemon-juice, and mix the whole of the above ingredients together, and keep stirring till the mixture acquires the consistence of a thick paste.

FOR SUN-BURNT HANDS AND FACE.

Those who wish to remove the tawn on the skin of the hands and face, acquired by exposure to the ardent rays of a scorching sun, ought to use a small quantity of the spirits of wine, with virgin milk, and the distilled waters of pinpernel, white tansy, bean flowers, &c. These detersive penetrating applications gradually remove the sun-burnt kind of varnish that covers the skin, by which means the perspiration is rendered more free, which is, in fact, we again repeat, the only real cosmetic.

A CURIOUS VARNISH FOR THE HANDS AND FACE.

Infuse an ounce of gum Sandarach, and half an ounce of gum benjamin, three quarters of a pint of good brandy; shake the bottle frequently, until the gums be wholly dissolved, and then let it settle.

After having washed the hands and face clean, apply the above varnish, or tincture, and it will give the skin the finest lustre imaginable.

A POMATUM FOR THE SKIN.

Take oil of white poppy seeds, and of the four cold seeds, of each a gill; spermaceti, three quarters of an ounce; white wax, an ounce; mix them, *secundum artem*, into a pomatum.

HONEY SOAP.

Take four ounces of white soap, and an equal weight of honey; half an ounce of salt of tartar, and two or three drachms of the distilled water of fumitory; mix the whole together.

This soap cleanses the skin well, and renders it delicately white and smooth. It is also used advantageously to efface the marks of burns and scalds.

TO REMOVE FRECKLES.

Take houseleek and celandine, equal parts; distil in a sand heat, and wash with the water.

Sect. XII.

CURIOUS PARTICULARS RELATIVE TO THE ORIGIN AND HISTORY OF GLOVES.

The preservation of the hands seems, from the earliest ages, to have been a paramount consideration; and the coverings and protections for these extremities of the body have been as various in their structure and composition, as the purposes and ceremonies for which they were introduced. The following curious historical particulars of the glove may not be unacceptable to our readers.

Gloves have obtained by some a very early origin, from the supposition that they are mentioned in the 109th Psalm, where the royal prophet declares, he will cast his 'shoe over Edom.' They go still higher, imagining them to be used in the time of the Judges, (Ruth iv. 7), where it is said, it was the custom for a man to take off his shoe, and to give it to his neighbour as a token of redeeming or exchanging any thing.

We are informed that the word in these two texts, which is usually translated shoe, is by the Chaldee Paraphrast in the latter, rendered glove.

Causabon is of opinion that gloves were worn by the Chaldeans, because the word here mentioned is in the Talmud Lexicon explained 'the cloathing of the hand.' But it must be confessed that all these are mere conjectures, and that the Chaldean Paraphrast has taken an unwarrantable liberty with the version.

Let us then be content to commence the origin of gloves with Xenophon, who gives a clear and distinct account of them. Speaking of the manners of the Persians, he gives us a proof of their effeminacy—that, not satisfied with covering their head and their feet, they also guarded their hands against the cold with thick gloves. Homer, speaking of Laertes at work in his garden, represents him with 'gloves on his hands, to secure them from the thorns.' Varro, an ancient writer, is an evidence in favour of their antiquity among the Romans. In Lib. ii. cap. 35, de re Rustica, he says, that olives gathered by the naked hand, are prefer-

able to those gathered with gloves. Athenæus speaks of a celebrated glutton, who always came to table with gloves on his hands, that he might be able to handle and eat the meat while hot, and devour more than the rest of the company: knives and forks, of course, at that time were not invented.

These authorities go to prove that the ancients were not strangers to gloves, though, perhaps, their use might not be so common as among us. When the ancient severity of manners declined, the use of gloves prevailed among the Romans, but not without some opposition from the philosophers. Musonius, a philosopher, who lived at the close of the first century of christianity, among other invectives against the corruptions of the age, says, 'it is a shame that persons in perfect health should clothe their hands and feet with soft hairy coverings.' Their convenience, however, soon made their use general. Pliny the younger informs us, in his account of his uncle's journey to Vesuvius, that his secretary sat by him, ready to write down whatever occurred remarkable; and that he had gloves on his hands, that the

coldness of the weather might not impede his business. In the beginning of the ninth century, the use of gloves was become so universal, that even the church thought a regulation in that part of dress necessary. In the reign of Louis le Debonaire, the Council of Aix ordered that the monks should only wear gloves made of sheep-skin. That time has made alterations in the form of this, as in all other apparel, appears from the old pictures and monuments.

Independent of covering the hand, gloves have been employed on several great and solemn occasions; as in the ceremony of investitures, in bestowing lands, or in conferring dignities.

Giving possession by the delivery of a glove, prevailed in several parts of Christendom in later ages. In the year 1002 the Bishops of Paderborn and Moncerco were put into possession of their sees by receiving a glove. This was thought so essential a part of the episcopal habit, that some Abbots in France, presuming to wear gloves, the Council of Poictiers interposed in the affair, and forbade them the

use of them, on the same footing with rings and sandals, as being peculiar to bishops.

Monsieur Favin observes, that the custom of blessing gloves at the coronation of the kings of France, which still subsists, is a relic of the eastern practice of investiture by the glove. A remarkable instance of this ceremony is recorded in the German History. The unfortunate Conradin was deprived of his crown and his life by the usurper Mainpoy. When having ascended the scaffold, the injured prince lamented his hard fate, he asserted his right to the crown; and, as a token of investiture, threw his glove among the crowd, begging it might be conveyed to some of his relations, who should revenge his death. It was taken up by a knight, who brought it to Peter, king of Arragon, who was afterwards crowned at Palermo. As the delivery of gloves was once a part of the ceremony used in giving possession, so the depriving a person of them was a mark of divesting him of his office, and of degrading him. Andrew Herkley, Earl of Carlisle, was, in the reign of Edward the Second, impeached of

holding a correspondence with the Scots, and condemned to die as a traitor. Walsingham, relating other circumstances of his degradation, says, 'his spurs were cut off with a hatchet, and his gloves and shoes were taken off,' &c.

Another use of gloves was in a duel, on which occasion he who threw one down was thereby understood to give defiance; and he who took it up, to accept the challenge.

The use of single combats, at first designed only for a trial of innocence, like the ordeal, fire and water, was in succeeding ages practised for deciding right and property. Challenging by the glove was continued down to the reign of Queen Elizabeth, as appears from an account given by Spelman, of a duel appointed to be fought in Tothill-fields, in 1571. The dispute was concerning some lands in the County of Kent. The plaintiff appeared in court, and demanded a single combat. One of them threw down his glove, which the other immediately took up, carried it off upon the point of his sword, and the day of fighting was appointed, but the matter was adjusted in an amicable manner by the queen's judicious interference.

Though such combats are now no longer in use, we have one ceremony still remaining among us, in which the challenge is given by a glove; viz. at the coronation of the kings of England; upon which occasion his majesty's champion, completely armed, and well mounted, enters Westminster Hall, and proclaims that if any man shall deny the prince's title to the crown, he is ready to maintain and defend it by single combat. After this declaration he throws down his glove, or gauntlet, as a token of defiance.

The custom of challenging by the glove is still in use in some parts of the world. It is common in Germany, on receiving an affront, to send a glove to the offending party, as a challenge to a duel.

Gloves were also used in hawking. In former times princes, and other great men, took so much pleasure in carrying the hawk in their hand, that some of them have chosen to be represented in this attitude. There is a monument of Philip the First, of France, still remaining, in which he is represented at length, on his tomb, holding a glove in his hand.

Mr. Chambers says that formerly judges were forbidden to wear gloves on the bench. No reason is assigned for this prohibition. Our judges lie under no such restraint, for both they and the rest of the court make no difficulty of receiving gloves from the sheriffs, whenever the session or assize concludes without any one receiving sentence of death, which is called a maiden assize. This custom is of great antiquity. The same curious antiquarian has also preserved a very singular anecdote concerning gloves. He informs us that it is not safe, at present, to enter the stables of princes without pulling off the gloves. He does not indeed tell us in what the danger consists. A friend from Germany explains the matter. He says it is an ancient established custom in that country, that whoever enters the stables of a prince, or great man, with his gloves on his hands, is obliged to forfeit them, or redeem them by a fee to the servants. The same custom is observed in some places at the death of the stag; in which case, the gloves, if not taken off, are redeemed by money given to the huntsmen and keepers. This is practised in France;

and Louis XVI. never failed to pull off one of his gloves on that occasion. The reason of this ceremony is not known.

We meet with this term in our old records, by which is meant, money given to servants to buy gloves. This, no doubt, gave rise to the saying of "giving a pair of gloves," to signify making a present for some favour or service.

To the honour of the glove, it has more than once been admitted as a term of the tenure, or holding lands. One Bortran, who came over with William the Conqueror, held the manor of Farnham Royal by the service of providing a glove for the king's right hand on the day of his coronation, and supporting the same hand that day while the king held the royal sceptre. In the year 1177, Simon de Mertin gave a grant of his lands in consideration of fifteen shillings, one pair of white gloves at Easter, and one pound of cinnamon.

EXTRAORDINARY PRICE GIVEN FOR GLOVES.

At the Sale of the Earl of Arran's goods, April 6th, 1759, the gloves given by Henry VIII. to Sir Anthony Denny, were sold for £38. 17*s.* 9*d.*; those given by James I. to his son, Edward Denny, for £22. 4*s.*; the mittens given by Queen Elizabeth to Sir Edward Denny's lady, £25. 4*s.*; all which were bought for Sir Thomas Denny, of Ireland, who was descended in a direct line from the great Sir Anthony Denny, one of the executors of the will of Henry VIII.

Sect. XIII.

CHILBLAINS.

Few are unacquainted with Chilblains; they are sometimes very troublesome, exceedingly painful, and not unfrequently attended with imminent danger. They are painful swellings of a deep purple hue, or leaden colour, to which the fingers, outer side of the hands, toes, or heels, and other extreme parts of the body, are liable. The principal causes are exposure to severe cold, and the sudden transition of a cold atmosphere to a warm fire. Thus children in particular, after having been in the open air in winter, immediately on entering the house place themselves close to the fire, which brings on a reaction, from a state of comparative torpidity, to one of the highest degree of circulation in the extremities; and on the surface of the skin of the body this causes an itching of the parts, and the subsequent irritation brought on by endeavouring to allay this prurient sensation, lays the foundation of chilblains.

The symptoms of chilblains are pain, not constant, but rather pungent, and at particular times, shooting, attended with an intolerable degree of itching. In some instances the skin remains entire, in others it breaks and discharges a thin fluid. When the degree of cold has been very great, or its application long continued, the parts affected are apt to mortify and slough off, leaving behind a foul ill-conditioned ulcer.

Old people and children are more subject to chilblains than those of the middle age; and people of scrophulous habits are observed to suffer severely from them.

The best method of preventing chilblains is carefully to avoid exposure to wet and cold. Those who are subject to them, on the approach of winter should cover the parts liable to be affected with fleecy hosiery, (woollen gloves,) or stockings, and guard against exposing the hands or feet too precipitately, when cold, to any considerable degree of heat.

In common cases, the treatment consists, as soon as any part becomes affected, in rubbing it with warm spirits of rosemary, with a little

of the spirit of turpentine added. After this, pieces of soft lint, moistened with camphorated spirits, soap liniment (opodeldoc), camphor liniment, &c. are to be applied and retained on the part.

When the swellings of chilblains break, or ulcerate, poultices and emollient ointments are to be applied for a few days; and proud flesh (luxuriant granulations) are to be kept down with caustic applied to the edges; or dry lint bound down sufficiently tight will frequently answer the same purpose; or dressing the sore daily with the ointment of the nitrate of quicksilver, which, if found too escharotic, it may be reduced, with the addition of a small quantity (one-third) of spermaceti ointment, and as soon as the surface of the sore presents a clean and healthy appearance, it may be dressed twice a day, morning and evening, with Turner's cerate.

Alum curd has been found an efficacious remedy applied to chilblains previous to the skin cracking and becoming sore, and hence it is a practice in some schools to wash the childrens' feet repeatedly with a strong solution of

alum, which is said to keep off these troublesome companions.

The cataplasm, better known by the name of alum curd, is made by briskly agitating the whites of two eggs with a lump of alum till a coagulum is formed. To chilblains in a state of ulceration is recommended the

CERATE OF HONEY WITH TURPENTINE.

Take clarified honey, common turpentine, of each four ounces; mix these together, and thicken to a proper consistence with flour, as follows:—

The honey and turpentine being liquified together, a sufficient quantity of fine wheat flour is to be stirred in, to give it the consistence of cerate. This application has been beneficially applied to chilblains in a state of ulceration on the feet and hands of children. They should be kept constantly covered with it, and dressed night and morning.

The compound liquor of alum made as follows, is an useful astringent application. It

will often answer in removing chilblains, in curing slight excoriations of the skin, in taking down superficial excrescences, and in correcting the vitiated discharge or hæmorrhagic tendency of some old ulcers. It may also be employed as a good collyrium, or eye-wash for weak and watery eyes, to which old people are subject.

Take alum, distilled vinegar, sulphate of zinc, of each, half an ounce ; boiling water, two pints; dissolve the alum and zinc in the boiling water, then strain through blotting paper.

So far the prevention and treatment of chilblains ; and if the means here laid down, both as regards the prevention and cure, were strictly attended to in boarding-schools, fewer complaints on this subject would be met with. Delicate children are more subject to chilblains than others of more robust and active habits; they require, therefore, more attention and looking after: and on the change of weather, towards the approach of winter, the precautions here laid down cannot be too soon put in practice. In some boarding-schools, as well as in private families, it is but

too common in winter time to wash childrens' feet in warm water, a practice more eligible in summer than in winter, instead of water with the chill barely taken off it. Were the latter used, and more frequently, the feet of children, as well as the hands, would be less subject to chilblains. Cotton stockings towards the fall of the year should early give way to those made of lambs' wool, with people who have been previously attacked by these intruders, as their disposition to a revisitation of them is greater than with those who have never been troubled with them.

Sect. XIV.

THE ITCH.

The itch is not only a troublesome but a most loathsome and disagreeable companion, under any circumstances. It is usually taken by infection, from contact with an infected person, or wearing the same clothes, or lying in the same bed-linen. It is, sometimes, also a consequence of poor living, and unwholesome food, which impoverishes the blood; bad air, and neglect of cleanliness.

The symptoms are pimples with a watery head, among the fingers, at the wrists, hams, and waist.

Sulphur is unquestionably the most efficacious remedy in the form of ointment, and internally as an electuary; from the disagreeable smell, however, and the inconvenience arising from the use of this mineral, other remedies are frequently substituted for it; the most efficacious of which are a solution of arsenic, or of corrosive sublimate, different combinations of sulphuric acid that is diluted with

hog's lard or water; white hellebore, or strong decoction of foxglove, used externally.

The following anti-psoric ointment is what may be termed an elegant preparation, and has seldom been found to fail.

Take muriate of quicksilver, 10 grains; white calx of quicksilver, half a drachm; hog's lard, three ounces; essence of bergamot, one drachm.—Mix well, and make an ointment, to be used every night at bed-time.

In inveterate cases of itch, some gentle opening and cooling medicine ought to be taken occasionally—such, for instance, as the following:—

Lenitive electuary two and a half ounces; flour of brimstone, the best, two ounces; purified nitre, one drachm. Mix, and make an electuary. The dose, about the size of a nutmeg, once or twice in the day, according to the habit of body.

As another external application, a drachm of sulphuric acid may be incorporated with an ounce of hog's lard, and used as directed above; or the same quantity of the acid to a pint of water. Mechanical friction will fre-

quently remove the itch from the hands, and with more certainty if a little of the flour of brimstone be used at the same time, in a dry state.

"Fumigation has been employed at Paris, in the cure of the itch, by Dr. Gale*. This is produced by throwing half an ounce of sulphur, mixed with two drachms of nitre, into a warming pan of hot coals, to be used after the manner of warming a bed. The patient is then to strip, and get under the clothes, which are to be closely tied round his neck and shoulders, to prevent as much as possible, the gas from escaping. This process is to be repeated for about seven nights, and even the worst cases may be cured in this way†, Dr. Gale says, without inconvenience to the patient, who generally will sleep very sound."

Tetters, pimples, ringworms, shingles, grubs,

* The itch, in French, is called *la Galle*, the very same way in which our *Gallic* neighbours pronounce the name of Dr. *Gale*.—Ed.

† "New London Medical Pocket-Book," by J. S. Forsyth, Surgeon, p. 169.

freckles, and other similar cutaneous complaints, may be touched with ink, a weak solution of vitriolated iron, or zinc, acetated cerusse (sugar of lead), prepared kali, muriated quicksilver, or the anti-psoric ointment, previously recommended. If these prove too violent to delicate places, softening and cooling liniments, or cream, in cases not severe, may be applied. Sometimes alteratives of the mercurial and antimonial kind, or cooling febrifuges and purges, are necessary.

CONCLUDING REMARKS.

MANY are the directions laid down in books for performing miracles, but when they come to the test their fallacy is too often apparent. Sound feet are evident signs of a good walker; those of a hobbling, waddling gait, are always affected with corns or bunnions; for the cure of which, it is necessary, with the means laid down in the preceding pages, to endeavour as much as possible to correct this awkward habit. The nails of both fingers and toes are equally disposed, from a multiplicity of causes, which ought to be avoided, to distortion. The appearance and lustre of that part of the skin which is exposed to the vicissitudes of the weather, suffer also from these and other causes, many of which are to be controuled, in some again, they are not. When this is the case, artificial means are often successful in restoring it to its natural complexion. On this subject we shall merely observe that the desire to enjoy perpetual youth and beauty, is one of the

most predominant and pardonable ; but there is a medium here as in every other thing. Extravagant means are not the most likely to accomplish the object.

Bathing, although it cannot rationally be asserted that it will confer continual youth, possesses, nevertheless, a very uncommon and superior tendency to protract that happy state, by preserving all the solid parts soft and flexible, and rendering the joints of the body conveniently pliable, and is equally favourable to the preservation of beauty; and those nations among whom it is most prevalent, are usually the most remarkable for the elegance of their form and the beauty of their complexion : a moderate desire, therefore, to improve and beautify the surface of the body, is far from being a frivolous pursuit, although it has frequently been pursued by improper methods, arising from not having a just conception of the beauty they would procure, and the use of poisonous materials to effect it; the consequence of which is, that valuable sacrifices have been made, not only of things relating to health, but sometimes of life itself.

Among the minor cosmetics used for the purpose of beautifying their person and bleaching the skin, may be enumerated, avoiding a pure and free air, using a mild and debilitating diet, long fasting, long sleeping, eating chalk, drinking vinegar, wearing camphorated charms, &c.; these have never failed to disappoint the over sanguine expectations of those erring votaries of youth, health, and bloom. Such, however, as we have denominated minor cosmetics, though unattended with any of the specific qualities that fain would be attributed to them, are harmless compared with those active ingredients, lead and mercury, variously manufactured, which are known to enter into the composition of many of the boasted modern cosmetics, whether in the form of lotions, creams, powders, paints, or ointments.

It is too well known to require illustration, that mercury and lead possess the subtile power of passing into the body through the pores of the skin, in a manner as forcible as if they had been conveyed through the medium of the stomach. Our advice is, then, to avoid every preparation in which either of these poisonous sub-

stances are introduced; for the external use of them as cosmetics or beautifiers, occasions the delightful sensation of cramps and spasms in every part of the body, acting as a distorter rather than an embellisher of the countenance; nervous weakness, tubercles of the lungs and intestines, with all the attendant train of consumption, either pulmonary or hectic, which ultimately closes the scene of earthly beauty and vanity. It should invariably be remembered, that

> Beauty alone is but of little worth,
> But when the soul and body's of a piece
> Both shine alike; then they obtain a price,
> And are a fit reward for gallant actions.
>
> SHAKESPEARE.

THE following satirical cut against Cosmetics may be seen in an old *Mag.* for the year 1761. There is much of the essence of truth in it, which a few grains of common sense will soon discover to the most sceptical reader. It is here transcribed *pro bono publico.*

Qui vult decipi, decipiatur.

GENTLEMEN,

I AM a constant reader of our public papers, and sometimes, after having perused them, cast my eye on the advertisements, among which I find a new discovery of the essence of flowers —pectoral balsam of honey, a new-discovered remedy—the new discovery being an anti-scorbutic powder—all intended, I am willing to suppose, for the good of the public, as well as benefit of the several discoverers. Of a different kind, a noble beautifying paste for the hands and neck, also a kalydor, truly prepared from a secret discovered in Italy, known for its real merit in taking off tan, scurf, freckles, &c. —I suppose the words 'taking off' to be an error in the press, and that the word 'covering' ought to have been in their stead; because I have often seen in Italy the ladies' hands and necks covered with a kind of paste.—'The famous Naples dew, just imported from Italy, which assumes, by the aid of chemistry, the consistency of cream and whiteness of milk;

and, without being a paint, produces the good effects only of such.—Men use it as well as women, after being shaved.'

That paint of any kind ever produced any good effect on a British lady's face, was never known; but the contrary is certain, though it is not quite so, whether the ladies, as well as the gentlemen, shave or not before they make use of this famous dew; the quality and effects of which, however, as set forth at large in the advertisement, may possibly induce some persons, fond of every foreign commodity and practice, to make use of it. In regard, therefore, to the complexions of the good people of Great Britain, especially the fair sex, whose angelical faces may no razor ever touch, or paint, under any assumed name, consistency, or colour, scorch or shrivel, I trouble you with, and flatter myself you will, for their sakes, make known, by the means of your Magazine, the newest new discovery—the famous British dew, which assumes, not by the aid of chemistry, but of oatmeal, the consistency of flummery and whiteness of water gruel; and, not being

paint, produces not the ill effects of such. There is no spot on the skin, foggy or brown complexion, redness or pimple, but, if laid on thick, it quite conceals, and, when rubbed off, leaves the skin clean, sound, and fresh. Men use it as well as women. It keeps the skin smooth, and fills up the wrinkles better than any Italian white-wash, paint, or paste; it causes no weakness or soreness of the eyes, and may be safely taken inwardly;—and, mixed with rain water, is excellent for scouring the hands.

Now, gentlemen, as our booksellers, who formerly sold pills to purge melancholy, composed of paper and ink, vend new-discovered nostrums of different compositions, I hope the famous British dew, being the newest new discovery, may by your, their, and my means, become—as it is innocent—an universal cosmetic.

I am, Gentlemen,
Your most humble servant,
B. BROWNSKIN.

P.S.—I have by me a wonderful composi-

tion for the beard and hair, but shall not make it public till I find my British dew has been well received, by answering its intention, which I do not in the least doubt will shortly be signified to me, by many a fair hand, with thanks. I shall then, by a card to the ladies, communicate the surprising effects of my wonderful composition, and remove into Hatton-Garden, for the better access of coaches.

Formerly, if not exactly to the same extent at the present day, mineral substances were only made use of to adonise the complexion; indeed, every composition is qualified with this name, whether it be *white* or *red*, which women, and even men (coxcombs), with a clear skin, subserve to embellish their faces, with a view to imitate the colours of youth, or artificially to repair the absence of them. The most ancient paint, and that which was held in greatest repute, was antimony, which the women employed to darken the eyebrows, by means of a hot needle. These practices, with the use of rouge and carmine, are now, at least in Eng-

land, we are glad to say, for the most part, reserved only for stage effect, or the blandishments of impudicity; though they are adopted abroad, in every circle of society, by matrons as well as maids, who would cheat time of his spoils, or supply a seeming defect, which nature has either refused, or sickly health proscribed.

THE END.

W. WILSON, PRINTER, 57, SKINNER-STREET, LONDON.